

Get connected to the help you need.

- *counseling*
- *domestic violence*
- *emergency shelter*
- *substance abuse*
- *healthcare*
- *basic needs – food, clothing, shelter*
- *crisis intervention*
- *financial and legal assistance*
- *disability services*
- *veterans services*
- *senior care*
- *suicide prevention*
- *transportation*
- *voting information*
- *parenting/childcare*
- *maternal/child health services*



Don't know where to turn?

Dial 2-1-1.

When times are tough, how do you get the help you need?

Where do you even start?

Wouldn't it be great if there was just one number to call?

There is.
Just dial 2-1-1.

Get connected. Get answers.

In Middle Tennessee, 2-1-1 connects you to local services – from food, clothing and shelter assistance to counseling, legal and financial services. It's helpful, it's fast – and it couldn't be easier.

No more wrong numbers.

No more wasted time.

Dial 2-1-1, and you'll speak with a friendly, helpful Information & Referral Specialist who can put you on the right track with your very first call.

Private, confidential help – 24/7/365.

2-1-1 is always here. We're staffed around the clock to give you the sensitive, confidential help you need. Multilingual service is also available.

Want to give help?

You can dial 2-1-1 for that, too. Just call for information about:

- Volunteer opportunities
- Donating food, clothing, toys, furniture, books and more



2-1-1 is operated by Crisis Center, First Call for Help (Rutherford County), and The Family Center (Maury County), and funded with public